



# A little pain is worth the gain

# HPV Vaccine

**HPV vaccine works  
and is safe for  
your teen!**

All shots hurt. However, some adolescents have noticed more discomfort with HPV vaccine than other vaccines given at the same visit. The short-term pain your teen may experience from HPV vaccination is worth the gain of long-term protection against cancer and other HPV-related diseases.

## Why does HPV vaccine hurt?

Some vaccines hurt more than others because of their ingredients.

For some individuals, certain vaccine ingredients may be more irritating (but not harmful).

Not all teens feel pain with HPV vaccination, but if yours does, it is most likely not a cause for concern.

## Side effects are minor

While HPV vaccine may cause more discomfort, the side effects are similar to those reported from other vaccines given to teens.

The most common side effect to any vaccine is redness and swelling in the arm where the shot was given.

## How to reduce the pain of shots

There are things you can do to help ease your teen's discomfort.

Have him relax his arm and take a few deep breaths.

Make sure she moves her arm after the shot is given. Exercise helps!

Give him a cool wet cloth to reduce redness, soreness, or swelling.

She can also take a non-aspirin, pain-relieving medication as directed by her health care provider.

**↓ 56%**

HPV disease has decreased among vaccinated girls 14-19 years of age<sup>1</sup>.

HPV vaccine works best when given at this age.

**11-12  
years**



All vaccines used in the U.S. are required to go through years of extensive safety testing before they are licensed by the Food and Drug Administration.

Millions of doses of HPV



**62M**

vaccine have been distributed in the U.S. since 2006.



All components included in a vaccine are there for a reason: to make the vaccine work well in order to prevent diseases.



[www.cdc.gov/vaccinesafety](http://www.cdc.gov/vaccinesafety)

**Protect your children from a lifetime of pain. Get them vaccinated against HPV today. A little pain is worth the gain!**

Find out more about teen vaccines at [www.michigan.gov/teenvaccines](http://www.michigan.gov/teenvaccines)  
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<sup>1</sup> Journal of Infectious Diseases, June 2013  
<http://jid.oxfordjournals.org>